

Why more soybean foods?

PART OF THE WHY / SEPTEMBER 2026

OUR MISSION

Make soybean foods a familiar, desirable part of American life, connect people to American growers, and help more meals deliver protein with a lighter environmental footprint.

Replacing some meat with tofu can reduce emissions and land use. The size of the benefit depends on the food it replaces and how both are produced.

GREENHOUSE GAS EMISSIONS PER 100 GRAMS OF PROTEIN

Food	kg CO2e	Tofu is lower by
Tofu	2.0	Reference
Poultry	5.7	65%
Pork	7.6	74%
Beef, dairy herd	16.9	88%
Beef, beef herd	49.9	96%

Rounded global means: Poore & Nemecek (2018), Data S2. Equal protein, not equal food weight. CO2e combines greenhouse gases into a common measure. Percentages use unrounded data.

ONE SWAP, AT SCALE

One million Americans replacing a poultry portion supplying 25 grams of protein with tofu once a week for a year corresponds to about **48,000 metric tonnes of CO2e lower annual supply-chain emissions**. This is our illustration using global averages, not a U.S. forecast.

FOOD-GRADE IS THE USEFUL TERM.

Food-grade soybeans are selected and handled for food makers' requirements. Soybean meal used in livestock feed is a co-product of oil extraction. The benefit depends on the food-production pathway; bean grade alone does not establish it.

KEEP THE CONTEXT WITH THE CLAIM.

Historical global averages, production through retail; observations centered around 2010. Cooking and household waste excluded. Assumes replacement, not extra food. Products vary; equal protein is not full nutritional equivalence. U.S. origin alone does not prove a lower footprint.

SOURCES & METHOD

1. [Poore & Nemecek, Science \(2018\), Data S2 and supplementary methods.](#)
2. [USDA ERS: Oil Crops Sector at a Glance.](#) 3. [UMN Extension: From field to tofu \(2022\).](#)
[Full sources, calculation and limits: tofuissoybeans.com/sources/#why-soybean-foods](#)